Clay County Health Department "Bee Healthy" Monthly Calendar January 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	☐ Eat a serving of fruit ☐ Eat a serving of vegetable ☐ Drink 2 glasses of Water* ☐ Exercise 15 minutes ☐ No "soda" today ☐ No "candy" today ☐ Brushed my teeth twice ☐ 8 hours of sleep					☐ Eat a serving of fruit ☐ Eat a serving of vegetable ☐ Drink 2 glasses of Water* ☐ Exercise 15 minutes ☐ No "soda" today ☐ No "candy" today ☐ Brushed my teeth twice ☐ 8 hours of sleep
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Name:	Grade	e: Teache		
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^{*}no flavored water